

#### ABSTRACT OF THE DISCLOSURE

A system and associated method is used for warming an endoscope, laparoscope, or other such instrument to minimize fogging. The preferred embodiment comprises a pad for wrapping around an instrument, including a one or more substances operative to  
5 generate heat through an exothermic reaction; and an activation disc located around the periphery of the pad to provide for convenient user access. In the preferred embodiment, the activator is a mixture of water and sodium acetate, and the disc is made of perforated stainless steel. A housing contains the pad in sleeve form and an optional heat-conductive tube to receive the instrument around which the pad is wrapped. The pad may  
10 be partitioned.